



GATEWAY
THE COMPLETE SCHOOL



Cambridge Assessment
International Education



THE BEATS

Monthly Newsletter



Edition 33



"If you have no confidence in self you
are twice defeated in the race of
life."

The Beats



Principal's Desk

Dear Readers,

"Why is self-care important?"

Self-Care is personal, and no general principle will always work. What motivates you and inspires you is different than the person next door. Look for the things that make you feel alive. Self-care encourages you to maintain a healthy relationship with yourself so that you can transmit good feelings to others. You cannot give to others what you don't have yourself.

Self-care comes in a variety of forms. It does not require an elaborate plan; self-care can be as simple as taking a deep breath when you notice you are becoming stressed. By maintaining your physical and mental health, you will likely be better equipped to handle the stressors that come along with supporting someone you care about. Physical health is a core part of self-care. The body and the mind have a unique connection, and it's difficult to be in high spirits when you are not feeling good about your body.

Make dates with yourself and when you commit to working out or doing something for yourself, keep the commitment you make to yourself. We don't back out on our friends, don't back out on yourself. By being healthy about self-care, you will be better equipped to help others.

Go live your best life!

SHARMILA MOHAN
PRINCIPAL

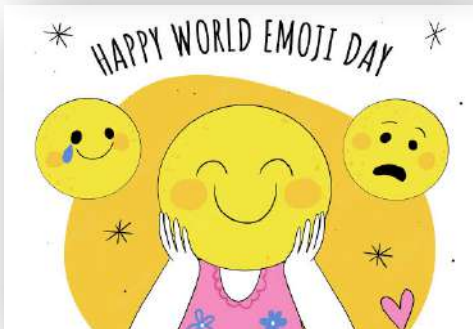
Top Stories of this Month;



1st July National Doctors Day



12th July World Paper Bag Day



17th July World Emoji Day



20th July International Chess Day

Top Stories of this Month;



22nd July Pi Approximation Day



22nd July National Mango Day



24th July National Parents' Day



28th July World Nature Conservation Day



30th July International Friendship Day

National Doctors' Day

(Kindergarten)

Only a doctor is blessed with the magical powers to treat a life, to bring health into our lives and to be there with us when we have lost all the hopes.



World Paper Bag Day

(Kindergarten & Grade 3)

We don't have an alternate planet to live. Let us join together to teach our young generation the importance of cleaning our planet and learn the harmful consequences of using plastic



World Emoji Day

(Kindergarten & Grade 4-5)

Emoji Day is celebrated on 17th July, all over the world. It's a fun day which brings in joy and laughter in everyone's life. We 🧡 love emojis. You 💙 love emojis. Let's 🎉 celebrate them! The purpose of 🌍 World Emoji Day is to promote the use of emojis and spread the 😊 enjoyment that they bring to all of those 👤 👤 👤 👤 around us. Emojis are for 😊 all of us.



International Chess Day

(Grade 7)

International Chess Day is a way to celebrate the game of Strategy and Sportsmanship. It is celebrated on July 20th every year. Studies have shown that playing chess can improve memory, concentration, and problem-solving skills. It also helps to promote logical and critical thinking. We @GTCS feel proud to say that we practice chess in our school to enhance the above mentioned abilities in the young minds.

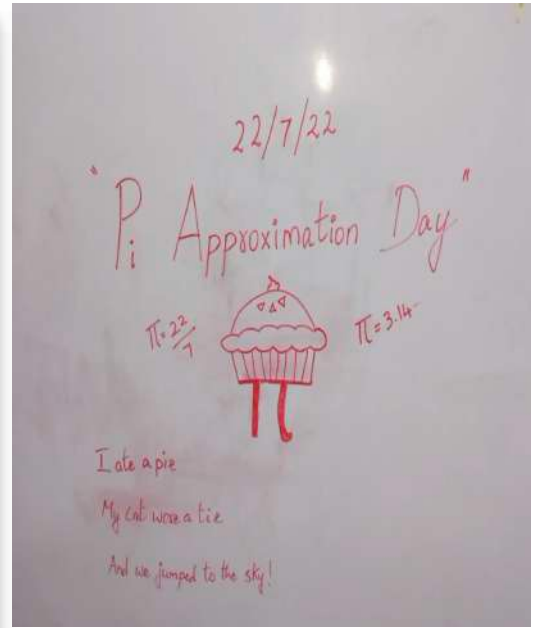


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Pi Approximation Day

(Grade 3)

Pi day is dedicated to mathematical constant Pi(π) some celebrate by eating lots of pie. Pi denotes the relationship between circle circumference and its diameter and is denoted by the fraction $\frac{22}{7}$ which calculates approximately to 3:14.

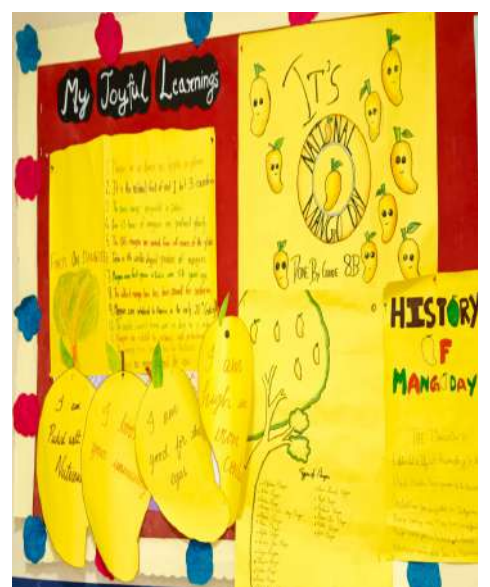
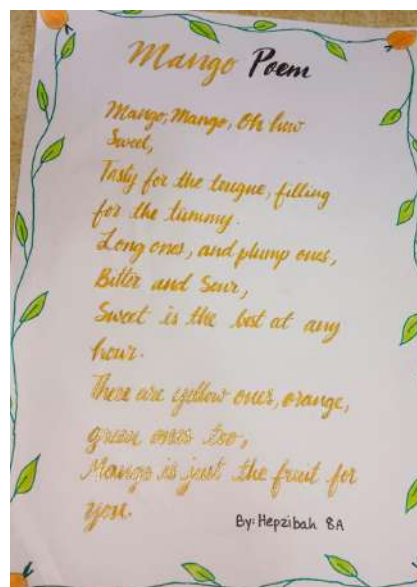
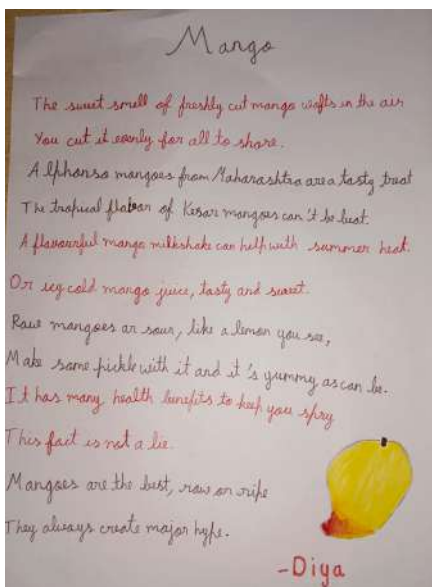


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National Mango Day

(Grade 8)

To relish the taste of the most luscious and delicious fruit - mango, students of Grade 8 at Gateway The Complete School celebrated National Mango Day on 22nd July with lots of joy and great zeal. The children came in yellow dress and had pinned up the mango-shaped badges to honour the cause and were excited to make it memorable. They made charts on the history, different varieties, interesting facts and health benefits of the king of fruit - mango and pinned up in their class soft board. They also made mango shaped cards to honour their teachers.



National Parents' Day (Kindergarten)

In the month of July we celebrate parents' day to honor all parents. Our kindergarteners created photo frames, palm prints and pasted their family photos and gifted it to their parents. A special wish to our GTCS parents on this occasion from Gateway the Complete school.



World Nature Conservation Day

(Grade 1 & 2)

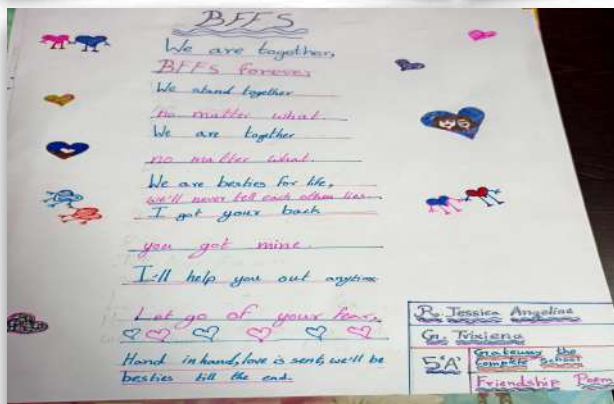
WORLD NATURE CONSERVATION DAY was observed on July 28th 2022. The theme of this year was "Say No To Plastic". Our students of grade 1 and 2 were involved in hands on activity of making posters to create awareness to avoid using plastic things like plastic cups, plastic plates, garbage bags and plastic covers etc.



International Friendship Day

(Grade 1-5)

International Friendship Day is celebrated on July 30th every year to bring attention to the eternal bond that has been shared from time to infinity. Friendship is one of the most important and valuable things in our lives. It is the most beautiful gift you can present to anyone. You meet many people in a way of life but only a few stay with you forever.



Students' Corner

The Best First Day At School

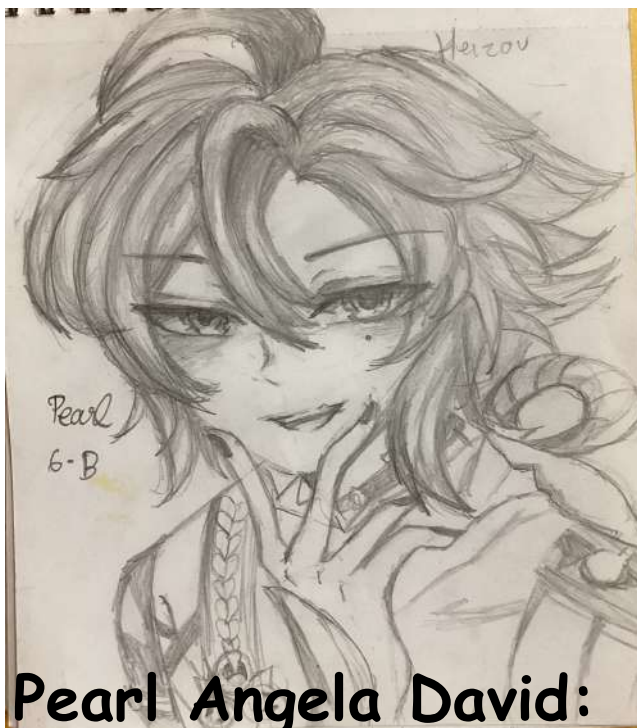
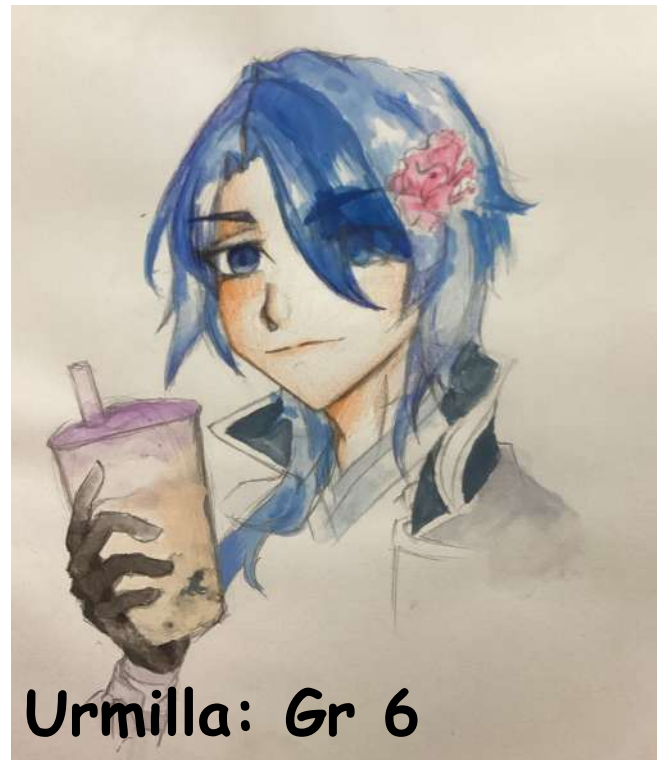
At the first day of school
We cry
we know school is cool
So we try
Not to be bad
Not to be sad
we try to be good
& eat our food
We learn new things
& do new things
We make some new friend
& we make new trends
we write a lot &
Sing a song
We enjoy school
because it's cool!



By:
Gc. Trizziena
R. Jessica
5'A' Gateway
the complete
school

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SCHOOL

Art Corner



Art Corner



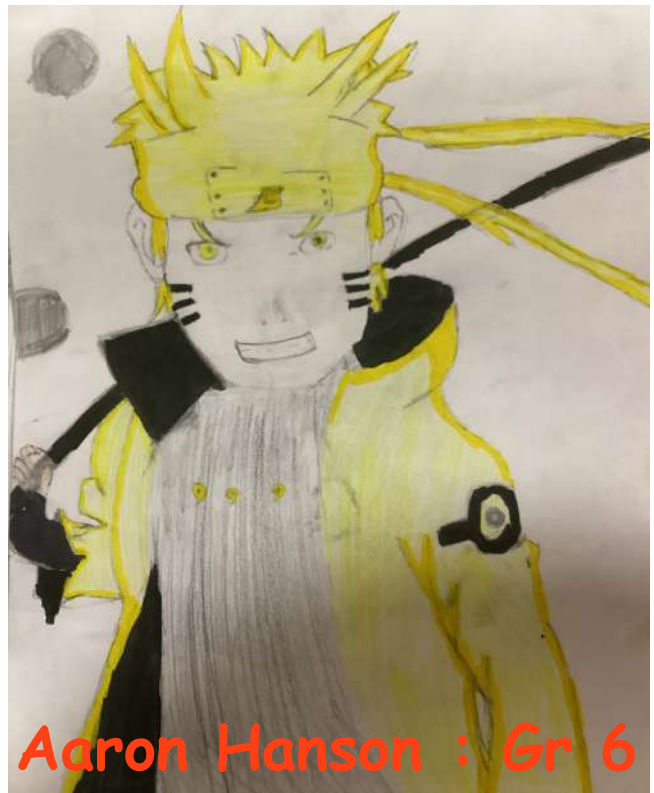
Prayutha: Gr 6



Tibin : Gr 6



Prayutha: Gr 6



Aaron Hanson : Gr 6

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UPCOMING EVENTS.....

- ❖ 10th August - World Biofuel Day
- ❖ 11th August - Raksha Bandan
- ❖ 15th August - Independence Day
- ❖ 19th August - World Humanitarian Day
- ❖ 20th August - World Mosquito Day
- ❖ 22nd August - Madras Day

**Admissions
open for
Pre-KG
to
Grade XII**

- A home away from home
- Owing to its convivial
- Stress-free environment and goal-oriented
- Nurturing
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- Well equipped labs
- Students Clubs
- Air conditioned classrooms
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Narayanasamy Nagar, Sholinganallur,
Chennai - 600119

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